

## Cough, Cold and Fever Checklist

**Remember** a fever is a good thing. Without it the body can't kill the bacteria or virus as effectively and the cold will last longer. Here are some ideas to keep your little one comfortable during the acute stages of fever:

- Offer breast/bottle whenever they are awake. It is soothing
- Offer ice cubes. Can use water, coconut water, juice or frozen berries and banana slices.
- Pat with cool flannel or put in warm bath

[illegible]